

**Listing of claims:**

1. (Currently amended) A land and water rescue, sports, and training helmet, comprising:
  - ~~an~~ waterproof audio speakers integrated into an interior of the helmet;
  - a waterproof microphone;
  - ~~an antenna~~ ~~a power source~~; and
  - a ~~self-contained~~ waterproof unit-housing, resin-filled to encase enclosing electronic elements comprising:
    - at least one externally rechargeable battery;
    - an electronic control device including electronic controls embedded within the resin and externally actuated, the electronic controls including an on/off control, a volume control, and a channel selector control, wherein the electronic control device comprises at least one magnetic switch that is toggled via a magnetic field from a magnet passed over a zone of the waterproof housing containing the magnetic switch; and
    - a radio signal ~~transceiver~~ communication device including a receiver connected to the antenna and constructed and arranged to ~~transmit and~~ receive radio signals and convert the received radio signals into an audible sound reproduced by the waterproof audio speakers~~;~~ and
    - ~~a radio signal-transceiver-antenna~~
    - wherein the receiver is configured to communicate directly with a hand-held communication device.
2. – 5. (Cancelled)
6. (Currently amended) The ~~sports and training~~ helmet of Claim 1, wherein at least one of the electronic controls of the the electronic control device is operated by at least one communication type selected from a group consisting of: infra-red communication and radio communication.
7. (Currently amended) The ~~sports and training~~ helmet of Claim 1, wherein the ~~self-contained~~ waterproof-unit housing is located at a rear portion of the helmet.
8. (Currently amended) The ~~sports and training~~ helmet of Claim 1, ~~where in~~ wherein the radio

signal communication device communicates ~~transceiver transmits the radio signals~~ in a UHF frequency band.

9. -10. (Cancelled)

11. (Currently amended) The ~~sports and training~~ helmet of Claim 1, wherein the ~~microphone is waterproof, such that the microphone is capable of capturing audio signals in a wet environment~~ substantially impervious to the ingress of water and other environmental contaminants.

12. (Cancelled)

13. (Withdrawn) The sports and training helmet of claim 5, wherein the at least one magnetic switch is a reed switch.

14. (Currently amended) The ~~sports and training~~ helmet of claim 1 [[5]], wherein the at least one magnetic switch is a hall effect sensor.

15. (Cancelled)

16. (Withdrawn) A sports and training communication system, comprising:

a transmission source constructed and arranged to transmit and receive radio signals; and  
a first helmet configured to communicate with the transmission source, the helmet comprising:

an audio speaker integrated into an interior of the helmet;

a microphone;

a power source;

an electronic control device including an on/off control, a volume control and a channel selector control;

a radio signal transceiver constructed and arranged to transmit and receive radio signals to and from the transmission source and convert the received radio signals into an audible sound reproduced by the audio speaker; and

a radio signal transceiver antenna, wherein the radio signal transceiver, the radio signal transceiver antenna and the electronic control device are enclosed within the first helmet as a self-contained waterproof unit.

17. (Withdrawn) The sports and training communication system of claim 16, wherein the transmission source is a hand-held walkie-talkie.

18. (Withdrawn) The sports and training communication system of claim 16 further comprising a second helmet, the second helmet including a second radio signal transceiver constructed and arranged to transmit and receive radio signals to and from the transmission source and the first helmet, and convert the received radio signals into an audible sound reproduced by the audio speaker.

19. (Currently amended) A waterproof land and water rescue, sports, and training helmet, comprising:

at least one waterproof audio speaker integrated into an interior of the helmet;

a waterproof audio microphone; and

a self-contained waterproof unit integrated into a rear portion of the helmet, the self-contained waterproof unit filled with a non-porous, shock absorbing material encasing electronic circuitry comprising:

an inductively rechargeable power source;

a radio signal ~~transceiver~~ receiver constructed and arranged to ~~transmit and~~ receive radio signals, wherein the radio signal ~~transceiver~~ receiver is electrically connected to the at least one waterproof audio speaker, the waterproof audio microphone and the inductively rechargeable power source, and wherein the radio signal receiver is configured to communicate with a hand-held communication device; and

an electronic control device including externally actuated electronic controls including an on/off control, a volume control and a channel selector control, wherein the electronic control device further comprises at least one magnetic switch for controlling the on/off control, the volume control and the channel selector control, wherein the at

least one magnetic switch is toggled via a magnetic field from a magnet passed over a zone of the self-contained waterproof unit containing the magnetic switch.

20. (Currently amended) The waterproof ~~sports and training~~ helmet of claim 19, wherein the non-porous, shock absorbing material is self-contained waterproof unit is coated in at least one material selected from a group consisting of plastics, resins and foam-like substances, ~~such that, the on/off control, the volume control and the channel selector control are encapsulated therein.~~

21. (Withdrawn) The waterproof sports and training helmet of claim 19, wherein the at least one magnetic switch is a reed switch.

22. (Currently amended) The waterproof ~~sports and training~~ helmet of claim 19, wherein the at least one magnetic switch is a hall effect sensor.

23. (Cancelled)

24. (New) The helmet of claim 1, wherein the at least one externally rechargeable battery is at least one inductively rechargeable battery.

25. (New) The helmet of claim 1, the radio signal communication device further including a transmitter configured to transmit audio signals to the hand-held communication device.

26. (New) The helmet of claim 1, wherein the antenna is also encased in the resin-filled housing.

27. (New) The waterproof helmet of claim 19, the electronic circuitry further comprising a radio signal transmitter configured to transmit audio signals to the hand-held communication device.

28. (New) The waterproof helmet of claim 27, wherein at least one of the radio signal receiver and transmitter communicates directly with the hand-held communication device.

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29. (New) The waterproof helmet of claim 19, further comprising an antenna also encased in the non-porous, shock absorbing material.